

## **BASIC RULES FOR EVENTS**

A full copy of LAWA rules is kept with the Arena Announcer.

Rules listed here are an abbreviated version of the requirements and may include local rules.

### **1. GENERAL**

- 1.1 Each athlete shall be permitted three trials per event. The maximum time for a trial is 30 seconds. The trial commences as soon as the athlete is called by official. Note that for High Jump, additional time is allowed when the competition reduces to 3 or less athletes, and for record attempts. IAAF rules apply.
- 1.2 An athlete may not commence a trial until the site official has given permission to do so. Safety rules must be observed at all times.
- 1.3 Distances shall be recorded to the nearest whole centimetre below the distance measured if the distance measured is not a whole centimetre.
- 1.4 Time to measure run ups will be permitted for jump sites and javelin. Run ups may only be measured prior to the event commencing. Markers may be moved at any time during the event.
- 1.4 A practice run through for jump sites and javelin will normally be permitted at the discretion of the Key Official.

### **2. THROWING EVENTS**

- 2.1 Implements must be carried back to the throwing arc. They shall not be thrown.
- 2.2 An athlete may interrupt a trial by placing the implement on the ground, inside or outside the runway or circle, before stepping out of the runway or circle (behind the arc or via the rear half), and may then continue the trial.
- 2.3 An athlete may enter the throwing area (or circle) from any direction.
- 2.4 The trial is judged/measured by where the implement initially impacts the ground. It does not matter where the implement goes after the initial impact.
- 2.5 The athlete must not leave the delivery area (javelin) or circle (shot and discus) until the implement has touched the ground (unless the trial is interrupted as per 2.2 above). After the throw the athlete shall leave the area behind the arc (javelin), or through the rear half of the circle (shot and discus)

### **3. SHOT PUT**

- 3.1 The trial shall commence from a stationary position within the circle.
- 3.2 The shot shall be put from the shoulder with one hand only.
- 3.3 The shot shall touch or be in close proximity to the neck and the hand shall not be dropped below this position during the action of putting.
- 3.4 The shot shall not be taken behind the line of the shoulders during the action of putting.
- 3.5 The whole of the shot must fall within the inner edges of the landing sector.
- 3.6 A trial shall also be deemed invalid if an athlete:
  - touches, with any part of their body, the ground outside of the circle.
  - touches the top of the stop board.
  - touches the top of the iron band or steps on the line marking the circle
  - Improperly releases the shot in making an attempt

- 3.7 A marker will be used for each athlete to mark the point of first impact by the shot put nearest to the front of the circle. The marker will be moved if the subsequent throws are of a greater distance than the previous throw. The measurement will be taken after the final throw from marker to the inside circumference of the shot put circle.

#### **4. DISCUS**

- 4.1 The trial shall commence from a stationary position within the circle.
- 4.2 The discus must fall so that the point of impact is within the inner edges of the landing sector.
- 4.3 A trial shall also be deemed invalid if an athlete:
- touches, with any part of their body, the ground outside of the circle,
  - touches the top of the iron band or steps on the line marking the circle
- 4.4 A marker will be used for each athlete to mark the point of first impact by the discus nearest to the front of the circle. The marker will be moved if the subsequent throws are of a greater distance than the previous throw. The measurement will be taken after the final throw from the marker to the inside circumference of the discus circle.

#### **5. JAVELIN**

- 5.1 The javelin shall be held at the grip and thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled.
- 5.2 At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around, so that their back is towards the throwing arc.
- 5.3 A throw shall be valid only if the tip on the metal head strikes the ground before any other part of the javelin. It is not a requirement that the javelin sticks in the ground.
- 5.4 The javelin must fall so that the point of impact is within the inner edges of the landing sector.
- 5.5 A trial shall also be deemed invalid if an athlete:
- touches, with any part of their body, the lines marking the boundary of the throwing arc.
  - touches, with any part of their body, the ground outside of the throwing arc.
  - improperly releases the javelin in making an attempt.
- 5.6 A marker will be used for each athlete to mark the point of first impact by the javelin nearest to the front of the arc. The marker will be moved if the subsequent throws are of greater distance than the previous throw. The measurement will be taken after the final throw from the marker to the inside circumference of the Javelin Arc.

#### **6. TURBO JAV / VORTEX**

- 6.1 All the forgoing rules as for Javelin apply, however for a valid throw the tip of the Turbo Jav / Vortex must touch the ground before the fins and the throw is measured from this point.

## **7. JUMPING EVENTS**

7.1 For long and triple jump U6-U8 athletes use a 1 metre square mat, U9-U10 a half metre mat and U11-U17 a 20 centimetre mat. For mat placings refer to the "Competition Standards".

## **8. HIGH JUMP**

8.1 U9-U10 age groups shall do a "scissors" style jump where the head of the athlete does not go over the bar before the leading/take off foot and the head is not below the buttocks when the buttocks clear the bar. The athlete's Lead foot must touch the mat before any other part of the body.

8.2 A failure/no jump occurs if:

- The athlete knocks the bar from its supports. In windy conditions, the key official must decide whether the wind was responsible for the bar falling.
- The athlete takes off from both feet
- Any part of the athlete's body passes behind the plane of the upright supports and touches either the ground or the mat.

8.3 Three consecutive failures, regardless of the height, eliminates the athlete from the event.

8.4 Starting heights and increments used in raising the bar as per "Competition Standards".

8.5 From the 3rd complete round of CLAC competition, an athlete may not commence jumping until the bar has reached a height equal to or greater than a height 15cm below that athlete's personal best performance. Athletes may only enter at a lower height at the discretion of the Arena Manager

8.6 Placings/count-backs are decided as per LAWA rules during "Centre Championships" only.

## **9. LONG JUMP**

9.1 It is an invalid jump if a competitor:

- Touches the ground beyond the take off line or to the side of the mat beyond or before the extension of the take off line, whether running up without jumping or in the act of jumping.
- In the course of landing, touches the ground outside the pit nearer to the take off line than the nearest break in the pit made by the jump.
- After a completed jump, walks back through the pit without first leaving the pit correctly.
- A competitor fails to make the pit.

9.2 All legal jumps shall be measured in a direct line from the nearest break in the landing area made by any part of the body or limb back to the take off point.

9.3 For the 1 metre and half metre mats the take off point is the visible mark on the mat closest to the pit. (Where an athlete jumps before the mat the measurement shall be taken from the edge of the mat furthest from the pit).

9.4 For the 20 centimetre mat the take off point is the edge of the mat closest to the pit.

## **10. TRIPLE JUMP**

10.1 The triple jump shall consist of a hop, a step and a jump in that order.

10.2 The hop shall be made so that the athlete lands first upon the same foot as that from which they take off, and then in the step they shall land on the opposite foot from which, subsequently, the jump is performed.

10.3 Rules 9.1- 9.4 as for long jump apply.

## **11. TRACK EVENTS**

- 11.1 For sprint events up to and including 400m , each athlete shall have a separate lane and shall keep in their allocated lane from start to finish. Athletes can be disqualified for stepping on or over the inside line of their lane. Athletes who step on or over the outside line of their lane may be disqualified if they are judged to have impeded the athlete in the next lane or gained a material advantage.
- 11.2 For 800m events athletes shall start in lanes (max 2 per lane) and continue in their lanes for the first 120m until the break line, at the start of the back straight, at which point the athletes can merge into the inside lane.
- 11.3 Lanes will not be used for 300m, 500, 1500m or any walk and will start off a curved line. Athletes can be disqualified for stepping on or over the inside line of the track.
- 11.4 A starting gun is used for all track event starts.
- 11.5 For events run in lanes a three call start is used. The starter shall:
- Assemble the athletes behind the start line. (Assembly Line).
  - Issue the command "On Your Marks". Athletes take their position at the start line. Any part of the body touching the ground must be entirely behind the start line.
  - Issue the command "Set". Athletes are to set themselves and remain still.
  - Fire the gun when satisfied all are ready. A second gun recalls athletes to the start line.
- 11.6 For events not run in lanes (800m, 1500m and walks) a two call start is used. The "set" command is missing.
- 11.7 For Under 16 and 17 athletes, only one false start per event is tolerated. A subsequent false start, regardless of who caused the previous, disqualifies the athlete from the event. Two false starts by an individual athlete, U11-U15 inclusive, shall disqualify the athlete from the event. Age groups up to and including U10 shall be disqualified after 3 individual false starts.
- 11.8 An athlete has finished a race when their torso crosses the first edge of the finishing line. Head, neck, arms, legs and feet are not considered in deciding the finish of an event.

## **12. WALKS**

- 12.1 Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible, to the human eye, loss of contact occurs.
- 12.2 The advancing leg must be straightened (i.e.: not bent at the knee) from the moment of first contact with the ground until in the vertical upright position.
- 12.3 An athlete shall be cautioned if they are in danger of failing to comply with the above rule. A report is given when the judge considers the athlete fails to comply with the above rule, as in loss of contact or bent knee.
- 12.4 An athlete receiving three reports, from three different judges, shall be disqualified and informed of the disqualification after the race.
- 12.5 An athlete observed by a Judge running/jogging shall be reported irrespective of where the judge is positioned relative to the competitor.
- 12.6 The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Connections means: relative, coach or protégé. If are an insufficient number of available, experienced and qualified judges without such connection, then judges are required to declare their interests to the Chief Judge.
- 12.7 Where possible members of the same family should not serve as a judge for the same race .